UP TO DATE THE BEST SPORTING PAGE IN NEW YORK ROBERT EDGREN

WILL GIVE YOU STRENGTH IF YOU WANT IT, SAYS HACK DETERMINATION

Famous Wrestler and Strong Man Writes for The Evening World on How to Make Your Muscles Grow,



F any man on earth should know

sary nervous energy. Look at them: Height, 5 feet 10 inches; weight, 206

tract your muscles and get more exercise. If you think of your muscles whenever you move them you do much more work and develop them much more. Sometimes when I walk on the street carrying a paper in my hand 1 think of my forearm and I tighten and 1 little will each to good to work loosen my grip on the paper just like

wheels sum into a rut so that the horses couldn't pull them out. He rot under the wagon and lifted the whole load on his back, and took the whoels out of the rut. He had twenty-eight children. All of his sons were big men, and terribly strong. One of them, when he had been drinking a little wine and felt like joking, used to walk upbeside a cart loaded with stone or earth, lean over and take hold of the saxie, and throw the cart over on a side.

"That was just natural strength. Some men have it. Padoubny, when he was unknown, entered a tournament. He beat the first wrestlers so easily that the managers came to him and said: "You shall win hall the bours until you come to Paul Pons. You must let him throw you. Then he will win the tournament, and you can take second. Padoubny three will be the managers came to him and said: "You shall win he tournament, and you can take second. Padoubny three will be the managers that he developed Liespoid that show walking is more fatiguing than fast. Walking at the managers came to him and said: "You shall win he popule about it, and you can take second. Padoubny three will be completed the second asked the crowd to say until the managers had not the people about it, and asked the crowd to say until the managers had not the people about it, and asked the crowd to say until the managers and to the people about it, and asked the crowd to say until the managers had not the people about it, and asked the crowd to say until the managers and to the people about it, and asked the crowd to say until the managers and the first press. The

when I saw the wrestling I got so ease cited I tre whied until I could hardly sit up. After that I the ush to nothing but wrestling. I wanted to be very strong, so I began lifting welghts and running. Later I entered a gammasian I grew big, and soon I could lift more than the men. I got a breyzle and rode fast all over the country I practised jumping and tumbling. I was studying envincering then, but most of the lime I thought of my muscles. At last a doctor heard of my strength, He tested me and found I could lift more than the records. He was a great enthusiast. He took me to live with him and brought me late a fine club, where I could train. I practised all the time lifting heavy weights, He wanted me to

I could train. I practised all the time lifting heavy weights. He wanted me to break all the records.

"At lest one day Paul Pons, the great champion, came travelling through Russia, meeting all comers. At the club

how to become strong, George Hacken chmidt, the Russian Lion, world's champion wrestler, is

strongest man that ever exhibited lifter he can easily eclipse the perman, Eugene Sandow. As a wrestler he has beaten champions outweigh ing nim a hundred pounds-the greatest giants of the European cir cuit. And in spite of his enormou muscular power he has maintaine ; amazing quickness. He is an exper acrobat as well as a wrestler and

show that there is something be hind his power besides the neces

20 inches; forearm, 17 inches; thigh, 28 inches; caif, 19 inches.

His neck is 4 inches larger than that of Jeffries; his chest 3 inches larger; his biceps 3 inches larger; his biceps 3 inches larger; his forearm 2 inches larger; his thigh an inch larger; his caif 2 inches larger; his thigh an inch larger; his to push me around 1 became the campion became and the construction of the larger inches larger.

I asked George Hackenschmidt to give The Evening World readers the benefit of his own experience—to tell them HOW TO GET STRONG. Here is his cown answer to the question that interests every man and boy in America:

By George Hackenschmidt to give The Evening World readers the benefit of his was to the question that interested and work nard at it.

The best is always to be out of doors, running and jumping and riding bley. Cles. Weight lifting is all filling lays and some belief among those who full if any decision is reached unit.

was a schoolboy. I had a tig frame But if I had not tried hard to become strong I migrat now be just big and fat.

"The important thing is to wish to be strong, and to think of it all the time. Any one who determines to be strong can accomplish things that will surprise this friends.

"The explanation is casy. If you desire to gain in strength and you keep thinking about it you will nature ally do the thinks that help you. If you pook up something without the least possible effort. But if you think while you are lifting it you consolisity case. The call while you are lifting it you consolisity case.

When if fifting is all right when your fift of it. Little weights are then the strong and remained the heavy weights If you're do the work because it develops every man and skirn and to think of it all the time. Any one who determines to be strong can accomplish things that will surprise his friends.

"The explanation is casy. If you desire to gain in strength and you make to make the consolidation of the times that help you. If you gok up something without thinking. You muscles act with the least possible effort. But if you think while you are lifting it you consciously case. The colly important thing should the case while you are lifting it you consciously case. The colly important thing and complete the collection of the streams of the work when the case is the collection of the stream of the work when the case is the collection of the stream of the work when the case is the collection of the stream of the work when the collection of the stream of the work when the case is not the collection of the stream of the work when the case is not the collection of the stream of the work when the case is now the collection of the stream of the work when the case is now the case is now the collection of the stream of the collection of the case is now the collection of the stream of the collection of the stream of the collection of the case is now the collection of the case is now the collection of the case is now the colle

Hackenschmidt is probably the his power in public. As a weightformances of the old-time strong

Hackenschmidt's measurement

ONE OF HIS FIRST BOUTS - THROWING PAUL PONS .

TERRY MARTIN

PHILADELPHIA, Pa., March 16.— Terry Martin was in lad shape when the final gong sounded at the National

BOWLERS! BE SURE TO READ The HOME EDITION of THE EVENING WORLD

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Leach Cross, the east side lightweight.
This ought to be a great scrap, as the lads have been anxious to meet for some time.

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Giant Sticker Going After Cub Youngsters Will

E members of the Giants ave League. Manager Chance announced backing Cy Seymour to lead the yesterday he will give all five of his re-

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Gets Four Clean Hits.

. C. will hold their regular weekly boxbout at his club. They will battle for six rounds. Five other good contests will precede it.

The six-round bout between Jack Good-nan, the clever local boxer, and Battling

Tigers at Hot Springs All Get Good Chance.

. un Into Hot Spell.

STUNTS WHEN HE ISN'T WRESTLING

WOULD YOU LIKE TO BE A HACKENSCHMIDT?

masse and contractine and lossessing.
If you can make it grows.

TOPIC FOR ATHLETS

TOPIC FOR ATHLETS

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